

Life can be hard.  
Finding support shouldn't be.

myStrength

myStrength is an online tool that helps teach you skills to feel happier, reduce stress, and confidently face life's challenges, big or small.

### Support on your terms

Work on your own or choose to share your story anonymously with the myStrength student community.

### Exercises for your mind

Explore activities based on effective methods like mindfulness and positive psychology.

### Ready to help when you need it

Between classes or at 3 a.m., myStrength is here for you 24/7.

Sign up for your free myStrength account at

 myStrength

Questions? Contact

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Livongo is an independent company that provides a chronic disease management solution for Blue Cross and Blue Shield of Illinois. Livongo is solely responsible for the products and services that it provides.

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ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 855-710-6984 (TTY: 711).

UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 855-710-6984 (TTY: 711).

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